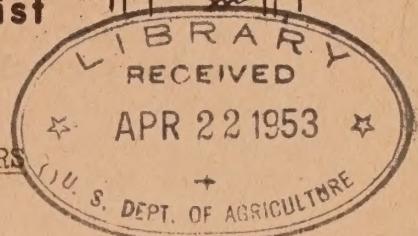


# 7 Let's Talk Extension Nutrition



With Evelyn L. Blanchard, Nutrition Specialist

## HANDLING AND JUDGING FROZEN FOOD AT FAIRS



Frozen food is becoming increasingly popular, and each year more and more of it is appearing in county and State fairs. Handling frozen food at the fair or for achievement day poses many problems that canned food does not. This paper does not pretend to give all the answers, but after a discussion with several State nutrition specialists, the HNE, and PMA, this is the outgrowth. If you try it out in your State or county will you please send in your comments so that we can share them with others.

The description of factors for judging fruits and vegetables was taken in part from the USDA standards for frozen fruits and vegetables.

### HOW IS FROZEN FOOD BEST BROUGHT OR SENT INTO FAIRS

Frozen food packed together in a unit and wrapped with newspapers covered with an old blanket will keep for hours if the outside temperature is not too high. If it is necessary to keep the food longer, dry ice is available. Place the food in a heavy cardboard box, put heavy cardboard around the packages of frozen food, and put the dry ice on top of the cardboard and around the sides of the packages.

Other types of insulated boxes and bags which can be used to keep food cold may also be used.

Arrangements can sometimes be made to send the food in a refrigerated truck that is delivering in the area. Consult your local distributor of frozen food and your local dairy.

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### How Can You Display Food at Fairs

Display freezer cases with open tops such as those used by large markets are best. If they are not available you can usually make arrangements with dealers of home freezers. These should be operated at the lowest possible temperature. The freezers should be kept closed at night and as much as possible during the day so the food does not thaw. Experience will show how much time they can be opened. The outside temperature and the amount of food in the freezer will affect the time. The more food in the freezer and the more closely packed, the better it will keep.

### What Products Should Be Entered in a Fair

Fruits, vegetables, and chickens are some of the products that will lend themselves to judging and display.

Meat is very expensive at present and if thawed for judging would spoil, so it does not seem a good entry. Quality of meat and proper wrapping would be the basis for judging if it were entered.

Baked foods make a questionable entry because the skill is in the preparation of the product and not in the freezing, although they could be thawed, judged, and rewrapped. Unbaked doughs, pies, and the like, could not be handled successfully and would be difficult to judge without baking. Proper wrapping is very important in these products, and packaging should be carefully inspected and considered.

### How Many Packages of a Fruit or Vegetable Are Necessary for an Entry?

Two packages of fruits, vegetables, and cut poultry would be the easiest to deal with. One should be thawed and judged and the other kept frozen and placed in the freezer for display. Ribbons and awards can be attached to this package. A package which is thawed and opened will never make a good display--and of course, should not be refrozen.

Most fruits and vegetables can be thawed in about 2 hours at room temperature. All the products in a class should be thawed the same length of time--then opened and judged.

Whole poultry can be opened and judged without thawing but cut poultry would need to be thawed.

Frozen fruit should be tasted to make sure it has a good flavor, and the correct amount of sweetening if it is sweetened. Much can be told about the flavor of raw vegetables by biting into them.

If a food is not tasted, flavor should not be listed as one of the points on which it is judged.

Arrangements may be made in advance to give the food away immediately after it is thawed and judged. If the food is to be used, it must be left clean and cold and should be used the same day it is thawed. An orphanage or home for the aged would be glad to get it.

#### Score Cards Vs. Check Sheets

Score cards based on 100 percent are old fashioned. Very few judges used at fairs are so accurate that they can tell whether the flavor is 30 percent rather than 35 percent. Many persons cannot tell the difference between good and poor flavor, and ideas on what is good or poor vary widely with individuals and food preferences in various sections of the country.

If a score card is used it is best based on some other type of scoring than 100 percent. Check sheets are often more satisfactory than score cards. A check sheet is easy to use in that the judge can check the flavor as Good, Acceptable, Poor, or perhaps Excellent.

The question of weighting the score cards accurately is also very difficult. Should flavor have 30 points or 20 points? If you are stressing certain points you may want the judges to put more emphasis on these than on other points, and if so it is well to discuss this with the judges ahead.

It is well to remember that all judging calls for judgment. No scoring system will make up for a lack of judgment.

See pages 6 and 15 for check sheets on judging fruits and vegetables.

#### USE OF EDUCATIONAL MATERIAL

If you see a group of jars of canned goods with ribbons on them you often wonder how in the world the judges ever gave that jar the ribbon--with frozen food this will be equally true. Why not prepare a poster and if possible a display of some of the commonly frozen vegetables and fruits in your area? For example--snap beans. (See next page)

If you make it simple, but effective, you can increase the number of persons you aid by many times.

If you are asked to judge you can insist an educational display be made. Our job is education, and this is not accomplished by the public looking at the ribbons without knowing what is back of them.

Which Are Yours?

Frozen Snap Beans

Good

Poor

<input type="checkbox"/> Good green color	<input type="checkbox"/> Dark or yellow-green color
<input type="checkbox"/> Characteristic odor	<input type="checkbox"/> Off odor
<input type="checkbox"/> Uniform-sized product	<input type="checkbox"/> Mixed sizes and lengths of pieces
<input type="checkbox"/> Young mature beans	<input type="checkbox"/> Mature beans
<input type="checkbox"/> Tender	<input type="checkbox"/> Tough and stringy
<input type="checkbox"/> Firm	<input type="checkbox"/> Soft and mushy
<input type="checkbox"/> No defects	<input type="checkbox"/> Defects such as: discoloration insects and worms damaged beans stems and leaves

fruit should not be in bowl

### Judging Frozen Fruit

Frozen fruit should be removed from the freezer 2 hours before judging. All entries in a class should be thawed in the containers and all should be thawed the same amount of time. Just before judging, the fruit should be placed in a fairly deep bowl so that the juice does not drain away from the fruit and cause it to oxidize and dry out. Berries lose their color and sheen and become soft and mushy if placed for too long a time in a shallow bowl.

Fruit should always be tasted. There is a difference in opinion as to whether there should or should not be ice crystals left in the fruit when it is tasted. Certainly all the fruit in a class should have the same amount of crystals because it affects not only the flavor but the character of the fruit.

Whether sugar or sirup or no sweetening should be used on some fruits may vary with different fruits. You may wish to refer to your State publication on home freezing or to Home Freezing of Fruits and Vegetables, Home and Garden Bulletin No. 10, HNHE, USDA.

The degree of sweetness is another controversial point. Some judges like fruit sweet and some like it tart and, therefore, sweetness should not be the deciding factor. If the sweet taste overwhelms the fruit flavor, it is too sweet.

Check Sheet for Frozen Fruits

	Good	Accep-table	Poor
Packaging	:	:	:
Best for type of fruit	:	:	:
Labeling	:	:	:
Should be adequate	:	:	:
Color	:	:	:
Bright	:	:	:
Uniform	:	:	:
Typical of well-ripened fruit	:	:	:
No browning or	:	:	:
Discoloration	:	:	:
Flavor	:	:	:
Characteristic of well-ripened	:	:	:
fruit	:	:	:
Sweetness (not too sweet)	:	:	:
(No off-flavor)	:	:	:
Odor	:	:	:
Characteristic of well-ripened	:	:	:
fruit	:	:	:
(No off-odor)	:	:	:
Character	:	:	:
Firm	:	:	:
Tender	:	:	:
Well ripened	:	:	:
Plump	:	:	:
Uniform size	:	:	:
	None	Few	Many
Defects	:	:	:
Damaged or blemished pieces	:	:	:
Extraneous matter	:	:	:
Infestation	:	:	:
(Any infestation should	:	:	:
disqualify)	:	:	:

## APPLES

### STYLES

Slices.  
Rings.

### COLOR

Should be uniform, bright color, characteristic of varieties.  
No darkening due to oxidization.

### UNIFORMITY OF SIZE

Slices and rings of uniform thickness; most rings should be whole.  
Slices should not be broken.

### DEFECTS

Extraneous material such as stems, leaves, cores, seeds, and peels.  
Damaged by discoloration, disease, insect injury.

### CHARACTER

Uniform texture that is firm but not hard and very few "mushy,"  
disintegrated pieces.

### FLAVOR

Characteristic of fresh fruit. Not too sweet.

## APRICOTS

### STYLES

Halved  
Whole

### COLOR

Uniform, bright orange yellow, typical color of well-matured  
apricots. May have pale yellow areas around the stem, but not  
light green. Free from brown color due to oxidization, improper  
processing, or other causes.

### UNIFORMITY OF SIZE

May vary slightly in size and thickness. No misshapen units which  
are crushed, broken, excessively trimmed. Whole apricots that are  
split along the suture are not considered broken. Apricots that  
have lost their normal shape because of ripeness are not misshapen.

### DEFECTS

Extraneous material such as leaves, stems, or loose pits. Apricots  
blemished by "freckles," scab, hail injury, discoloration due to  
oxidation, improper processing.

### CHARACTER

Thick, fleshy, and tender, and holding their shape and size. Uniform  
in size. Not mushy or excessively hard.

**FLAVOR**

Characteristic of well-ripened fruit. Not too sweet.

**BERRIES**

**TYPES**

Blackberries  
Boysenberries  
Dewberries  
Loganberries  
Youngberries

**COLOR**

Uniform, typical color. Intensity and luster of well-ripened berries.

**DEFECTS**

Extraneous material--leaves, stems, and caps. Underdeveloped berries. Berries blemished by insects, disease, or injury.

**CHARACTER**

Berries that are mature and ripe but not overripe. Fleshy, plump, tender, and practically intact. Berries and juice are practically free from detached seed cells. Not crushed.

**FLAVOR**

Good characteristic flavor--free from off-flavors.

**BLUEBERRIES**

**COLOR**

A uniform, bright blue (dark), purple color typical of mature berries (not a red-purple color).

**DEFECTS**

Extraneous material--leaves, stems, and caps. Green or underdeveloped berries. Damaged by insects, disease, or injury. Not woody.

**CHARACTER**

Reasonably firm, fleshy, practically whole and intact (not crushed, mushy, or broken).

**FLAVOR AND ODOR**

Good characteristic flavor, free from objectionable or off flavors or odors.

CHERRIES, RED, SOUR

STYLE

Whole without pits.

COLOR

A uniformly red color that is bright and typical of properly ripened cherries. Cherries should not be off-color or brownish due to oxidation, improper processing, or underripeness.

DEFECTS

Extraneous material, pits, mutilated cherries, cherries blemished by hail injury, discoloration, scar tissue. Insects or worms.

CHARACTER

Should be firm, plump, have fleshy texture, properly prepared and properly ripened. Red, sour cherries should not be soft, tough, thin-fleshed, or leathery in character.

FLAVOR

Characteristic of good ripened fruit. Not too sweet.

CHERRIES, SWEET

TYPES

Light, sweet type (Royal Anne)  
Dark, sweet type (Bing)

STYLES

Pitted  
Unpitted

COLOR

Uniform, bright, typical color of the variety to be considered. Sweet cherries of the light-colored varieties are judged on the basis of ground color and blush. Should not show change of color in darkening due to oxidation.

UNIFORMITY OF SIZE AND SYMMETRY

Well-formed cherries that have shape characteristic of the variety.

DEFECTS

Extraneous material, such as stems, leaves, pits, and pieces of pits. Cherries blemished with scar tissues, cracks, bruises. Sun or spray, scale, bird, or insect injuries. Torn, mashed, or mutilated cherries.

CHARACTER

Uniform, thick-fleshed, firm, and well ripened. Not overripe or immature.

**FLAVOR**

Good characteristic flavor of fresh cherries. Not too sweet.

**GRAPEFRUIT**

**WHOLENESS**

Segments retain original shape--not excessively trimmed or broken.

**COLOR**

Uniform, bright, typical color of the properly matured grapefruit or pink grapefruit from which it is prepared.

**DEFECTS**

Extraneous material--leaves, small pieces of peel, seeds.

Damaged by disease, peeling, discoloration, or injury. Area covered by membrane.

**CHARACTER**

Moderately firm and fleshy. Segments possess a well-developed, juicy cellular structure. Free from loose cell sacs and sections that are soft or fibrous or dried.

**FLAVOR**

Characteristic of fresh fruit. Not too sweet.

**PEACHES**

**TYPES**

Clingstone

Freestone

**STYLES**

Halved

Quartered

Sliced

**COLOR**

Uniform--bright, typical of well-natured peaches. Free from brown color of oxidation or improper processing.

**UNIFORMITY OF SIZE AND SYMMETRY**

Missized units are caused by excessive trimming or are seriously crushed or broken. Peach halves that are slightly split from the outer edge to the pit cavity are not considered broken. Peaches which have lost their normal shape because of ripeness are not considered missized. Slices vary slightly in size and thickness.

DEFECTS

Peel. Whole or pieces of pits. Damage from mechanical disease or insects, worm holes. Blemishes due to scab, hail injury, discoloration. Seriously bruised or oxidized spots.

CHARACTER

Practically uniform, tender texture. Soft to slightly firm but not mushy. Thick and fleshy pieces--may be soft but hold their shape and size. None of peach halves are excessively frayed.

FLAVOR

Good characteristic flavor. Not too sweet.

PINEAPPLE

STYLES

Sliced  
Crushed  
Chunks

COLOR

Uniform, bright, characteristic yellow color, not dull yellow-white color.

UNIFORMITY OF SIZE AND SYMMETRY

Uniform for style.

DEFECTS

Blemished pieces with deep fruit eyes, brown spots, peel bruises, or other injury. Excessive trimming so they do not retain original shape. Broken or mashed pieces.

CHARACTER

Uniform ripeness, free from core or fibrous material, reasonably firm. Compact structure. Not porous.

FLAVOR

Characteristic of good, ripe fruit. Not too sweet.

RASPBERRIES



TYPES

Red - reddish purple or red in color  
Black - black in color

COLOR

A bright, practically uniform, typical color--has intensity and luster characteristic of color of well-ripened raspberries. None with grey cast or darkening caused by oxidation or overmaturity.

DEFECTS

Freedom from harmless extraneous material, caps, stems, and broken berries. Undeveloped raspberries, shriveled berries with hard seed cells, or deformed areas. Berries damaged by bruises, disease, or insect injury.

CHARACTER

Mature, well-developed, and practically intact berries. Fleshy, plump, and tender--juice should be free from detached seed cells. The red raspberries are more easily crushed than black.

FLAVOR

Characteristic of good, ripe berries. Not too sweet.

RHUBARB

TYPES

Crimson - pink, red  
Green - predominantly green

COLOR

Uniform typical color. Glossy appearance--free from dull or gray color.

DEFECTS

Extraneous material. Defective units, such as root ends, leaf ends. Blemished or scarred pieces. Pieces with growth cracks. Damage by disease, wilt or injury. Ragged or irregular cuts.

CHARACTER

Plump, tender, not tough, stringy, or spongy.

FLAVOR

Good characteristic--no off odor or flavor.

STRAWBERRIES

STYLES

Whole  
Sliced

COLOR

The surface of the whole strawberry is red or pink, typical of variety. The color of sliced berries is typical of well-ripened strawberry of similar variety. A bright, practically uniform typical color--free from dull, slightly gray or reddish-brown cast.

**DEFECTS**

Extraneous material, such as leaves, caps, and portions of stems.  
Damaged by insects, injury, or disease. Mashed berries--  
undeveloped, hard, seedy, or deformed berries.

**CHARACTER**

Reasonably fleshy, fairly firm, and reasonably intact. Few  
crushed, broken, and mushy berries.

**FLAVOR**

Good, characteristic of mature berries--not too sweet with sugar.  
No off flavor or odor.

### Judging Vegetables

Packages of vegetables submitted should be placed in a freezer immediately upon arrival. If two packages are entered, one package should be removed from the freezer 3 hours before judging and allowed to thaw at room temperature unopened. Opening the package may cause drying and oxidation. If there is not time to allow 3 hours for thawing most vegetables can be thawed by placing the package in a pan or under a spray of tap water of approximately 80°F. until each piece is free from ice crystals and is not brittle. Spinach and some greens take longer than 3 hours to thaw, so it is well to thaw them under a spray of tap water. It would be ideal if vegetables could be cooked and judged for flavor, but since this would be impossible at a fair, one way is to eliminate all but the top few entries on the basis of color and character, and judge flavor by biting into the best ones. Professional tasters do not ordinarily eat the food they are examining. You can get the full flavor of food without swallowing it. Be sure to observe the juices for sand, silt, and other extraneous matter.

In some vegetables, such as asparagus, cauliflower, and broccoli, and corn on the cob, uniform size is important and should be considered in the judging because it affects the cooking time. However, some persons do not believe it is important to have the kernels of corn, lima beans, and peas of a uniform size. They believe speed in handling is more important than grading for size.

Check Sheet for Frozen Vegetables

	Good	Accop- table	Poor
Packaging	:	:	:
Best for type of vegetable	:	:	:
Labeling	:	:	:
Should be adequate	:	:	:
Color	:	:	:
Bright	:	:	:
Uniform	:	:	:
Typical of tender, young vegetable	:	:	:
Flavor (do not include unless tasting is done)	:	:	:
Characteristic of vegetable (No off-flavor)	:	:	:
Odor	:	:	:
Characteristic of vegetable (No off-odor)	:	:	:
Character	:	:	:
Firm	:	:	:
Tender	:	:	:
Young	:	:	:
Uniform size (applies to asparagus, )	:	:	:
Compact head (broccoli, brussels sprouts, and cauliflower )	:	:	:
Defects	None	Few	Many
Damaged or blemished pieces	:	:	:
Extraneous matter	:	:	:
Infestation (should disqualify)	:	:	:

## ASPARAGUS

### STYLES

- Spears--head and adjoining portion of shoot 3 inches or longer.
- Tips--the head and adjoining portion of less than 3 inches.
- Cut--head and stalk cut into pieces 1/2 inches to about 2 inches in length.

### COLOR

Typical green, light green, and purplish green in color.

### UNIFORMITY IN LENGTH and size of stalks

### DEFECTS

Grit, loose material, shattered heads, misshapen stalks. Discolored or injured by disease or insects. Tough, woody stalks.

### CHARACTER

Well-developed head that is compact and not scedy. Should be tender and free from shriveling.

## BEANS, LIMA

### TYPES

Thin-seeded, such as Henderson Bush and Thorogreen varieties.

Thick-seeded, such as Fordhook variety.

Thick-seeded baby potato, such as Baby Potato, Baby Fordhook, and Evergreen.

### COLOR

Bright, typical green color under light-colored skin for the thin-seeded type. The thick-seeded baby potato type is green with the skins on. The beans should be of a good, even color. Few white or light-colored beans.

### DEFECTS

Extraneous matter. Broken or mashed beans. Blemished, shriveled, or sprouted beans.

## BEANS, SNAP

### TYPES

#### COLORS OF FROZEN SNAP BEANS

GREEN beans.

WAX beans are snap beans of any of the yellow or golden varieties.

#### STYLES OF FROZEN SNAP BEANS

WHOLE snap beans are whole pods with the ends of the beans snipped.

CUT snap beans are pods cut crosswise.

FRENCH CUT, cut lengthwise into strips.

### COLOR

Color must be determined immediately after thawing. Good, characteristic green, or for the wax beans a typical yellow to yellow-green color of tender wax beans.

### DEFECTS

Extraneous material, tough, inedible strings. Spotted, blemished, or damaged by insects, diseases, or injury. Irregular pieces or ragged cut edges. Unsnipped stem ends, loose stem ends.

### TEXTURE AND MATURITY

Pods are full-fleshed and tender; the seeds are in the earlier stages of maturity.

## BROCCOLI

### STYLES

STALKS, head and adjoining portions of the stem and attached leaves. Stalks may be cut lengthwise.

CUT BROCCOLI, portions cut from stalks and head.

### COLOR

A good, green color which may include lighter areas typical of young and tender broccoli.

### UNIFORMITY OF SIZE

Stalks are of approximately the same length; diameter of the stems is the same or cut to the same sizes, approximately 1 inch. Cut broccoli should be about 2 inches.

### DEFECTS

Grit, loose leaves, and pieces of leaves, poorly trimmed stalks. Detached portions of stalks, bud clusters, discolored or yellow heads. Damage by injury or insects. Pithy stems. Infestation.

**CHARACTER**

Well-developed branching bud clusters form a compact head. Individual buds are practically all closed. Stems supporting the individual buds are not elongated. No strong odor. Freedom from flowering units. Stems tender, not tough or woody.

**PRUSSELS SPROUTS**

**COLOR**

The outer surfaces of the sprouts should be a good green-yellow or green color.

**CHARACTER**

The head should be well formed, compact, reasonably firm, and heavy for its size.

**DEFECTS**

Grit, loose leaves, poorly trimmed heads, damaged, discolored, or insect-infested. Yellow heads are usually old. Strong odor.

**CARROTS**

**STYLE**

Small whole  
Diced  
Sliced (crosswise or lengthwise)

**COLOR**

Should be a good orange-yellow color that is bright and typical of carrots.

**DEFECTS**

Crushed, broken, or cracked pieces. Unpeeled pieces. Blemished by discoloration, disease, or insect injury.

**TEXTURE**

Tender and free from stringy or coarse woody fibers.

**CAULIFLOWER**

**COLOR**

The buds should be a white to light-cream color over the tips, and the product may be a characteristic green color or bluish tint on the branches. Yellow and greenish to light-green modified leaves or bracts.

DEFECTS

Poorly trimmed, damaged, and small clusters. Ragged cutting or gouging detached fragments. Clusters damaged by discoloration, disease, and insect injury.

CHARACTER

Firm, compact clusters of buds. Free from ricey or fuzzy units, and elongated individual flowers.

WHOLE-KERNEL CORN (white and golden)

COLOR

Kernels are bright, uniform color typical of tender, sweet corn, and practically free from "off-variety" kernels.

DEFECTS

Pieces of cob, husk, silk, or other extraneous matter. Pulled, ragged, crushed, or damaged kernels.

TENDERNESS AND MATURITY

The kernels should be plump and in the milk or early cream stage of maturity and have a tender texture.

CORN ON THE COB (golden or white)

COLOR

A bright, practically uniform color typical of young and tender corn.

DEFECTS

Loose material such as pieces of cob, husk, portions of kernels and attached silks. Poorly trimmed ears--ends rough or ragged. Kernels damaged by disease, insects, or mechanical injury.

TENDERNESS AND MATURITY

Determined by examining at least three complete adjacent rows of kernels. The kernels should be in the milky or cream stage of maturity and have a tender texture.

GREENS (Other than spinach)

KINDS

Beet greens  
Collards  
Dandelion greens  
Endive  
Kale  
Mustard greens  
Swiss chard  
Turnip greens

STYLE

Whole leaf--leaf with or without portion of stem. Sliced or in strips of reasonably uniform size.

COLOR

A uniform, bright color characteristic of the variety.

DEFECTS

Insects or worms. Grit, sand or silt, seed, stems, weeds. Damaged by yellow or brown discoloration, worms, insects.

CHARACTER

The leaves and stems should be tender and free from coarse or tough leaves and stems. Vary few leaves should be ragged or torn.

OKRA

STYLES

Whole okra--whole pods with or without the caps removed. Cut lengths of not less than 1/2 inch.

SIZE

Uniform-sized pieces or pods.

COLOR

Bright, practically uniform color, typical of young and tender okra.

DEFECTS

Extraneous matter, such as leaves and stems. Grit, sand, silt. Poorly trimmed units. Blemished by scars, disease, or insect injury. Broken or mashed pods. Misshapen pods.

CHARACTER

Fleshy and tender. Seeds in early stages of maturity. Not tough and stringy.

PEAS, GREEN

~~PEAS, GREEN~~

**COLOR**

A uniform, typically bright-green color.

**DEFECTS**

Spotted or off-colored peas, such as brown, gray, or cream or yellow-white peas. Broken peas or loose skins. Extraneous material such as pods, stems.

**TENDERNESS AND Maturity**

Tender, plump early stage of maturity. Sweet tasting.

PEAS, FIELD AND BLACK-EYE

**COLOR**

Typical of reasonably young field peas or blackeye peas. At least half the peas should show a tinge of green color.

**DEFECTS**

Loose skins, broken peas. Discolored, spotted by disease, insect injury.

**CHARACTER**

Maturity at reasonably young state. Tender.

SPINACH

**STYLE**

Whole--leaf and adjoining portion  
Cut--cut into pieces.

**COLOR**

A bright, characteristic green color.

**DEFECTS**

Grit, sand, silt. Seed heads, root stubs. Damage and discoloration. Disease, insect injury. Insects and worms. Grass and weeds.

**CHARACTER**

Tender leaves and stems--not tough, coarse, or stringy. Leaves and stems not ragged and torn.

## Judging Poultry

### 1. Conformation

This factor helps to determine quality, inasmuch as it governs the amount and distribution of flesh, the appearance of the bird, and the consumer utility (ease of slicing if roasted) of the carcass. The normal poultry carcass, as considered in grading, is practically free from abnormalities in the skeletal structure. It is free from such deformities as a crooked, notched, or peaked breast, and from a crooked or hunched back, and it has a breastbone that is practically straight and nearly parallel to the backbone.

### 2. Fleshing

One of the most important factors of value and quality is the amount of flesh that is on the carcass in relation to its skeletal size and the age of the bird.

The bird should have a well-developed, moderately broad, and long breast, well-fleshed throughout its entire length, with the flesh carrying well up to the crest of the breastbone so that the breastbone is not prominent. Young tom turkeys may have slight thickening or slight pouchiness of the skin on the fore part of the breast. The legs should be well covered with flesh.

### 3. Fat covering

Perhaps the most important factor of quality for excellence of flavor, texture, and tenderness is the amount of fat covering or "finish" that is present in a poultry carcass.

Poultry carcass should be well covered with fat over the breast, back, hips, and pinbones, except that chicken broilers or fryers, turkey fryers, and young toms may have only a moderate amount of fat covering these parts. A hen, stewing chicken, or fowl, although well covered with fat, is free from excessive abdominal fat.

### 4. Freedom from pinfeathers

The presence of pinfeathers on dressed and ready-to-cook poultry is considered as one of the more important quality defects by many consumers. Pinfeathers are of two types--those that protrude and those that do not. Vestigial feathers, hair in the case of poultry and down in waterfowl, are also considered as quality factors. Slightly more pinfeathers are permitted on dressed poultry than on ready-to-cook poultry.

Good quality dressed poultry carcass is practically free from pinfeathers, especially on the breast, and is free from vestigial feathers. A ready-to-cook carcass is free from protruding pinfeathers and practically free from nonprotruding pinfeathers, especially on the breast, and is free from vestigial feathers.

5. Freedom from cuts, tears, and broken bones

Cuts, tears, and broken or disjointed bones detract from the appearance of the bird and, in addition, lower the quality because of bruises and blood clots which occur frequently with broken bones. Tears permit the flesh to dry out during the cooking process, thus lowering the eating quality of the bird. The number and extent of such defects that are permitted depend on their location, whether on the breast or elsewhere on the carcass. No sewn tears are permitted in any quality of bird. However, the wing tips may have been removed.

6. Freedom from discolorations of skin and from flesh blemishes and bruises

Discolorations and blemishes occur before and during the dressing operations and are largely due to rough handling. Discolorations and abrasions and other slight blemishes which are caused by poor dressing technique detract from the general appearance of the carcass; however, recent surveys indicate that most consumers do not consider these blemishes as very important quality factors when purchasing poultry if the skin is kept fairly moist or if the carcass is packed in moisture-repellent containers. Bruises, on the other hand, occur prior to dressing and are caused largely by rough handling during transportation of the poultry from the farm to the dressing plant. Bruises, particularly of the flesh, are an important quality factor and detract from the appearance and the sales value of the carcass.

7. Freedom from freezer burn

The discoloration and drying out of the skin of poultry carcasses during storage is commonly called "freezer burn." This defect detracts from the appearance of the carcass and also lowers the quality, in the case of either moderate or severe freezer burn.

Check Sheet for Frozen Poultry

	Good	Acceptable	Poor
1. Conformation	:	:	:
2. Fleshing	:	:	:
3. Fat covering	:	:	:
4. Freedom from pinfeathers	:	:	:
5. Freedom from cuts, tears, and disjointed and broken bones	:	:	:
6. Freedom from discolorations of skin and from flesh blemishes and bruises	:	Acceptable	:
7. Freedom from freezer burn	:	:	: